

Beef Vegetable Soup

Meal Components: Vegetable, Meat / Meat Alternate

Soups & Stews, H-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 1 oz		2 lb 2 oz		1. Brown ground beef. Drain. Continue immediately. 2. In a heavy pot, combine stock, cooked ground beef, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
Beef stock, non-MSG		1 qt 3 1/4 cups		3 qt 2 1/2 cups	
Canned tomato paste	6 oz	1/2 cup 2 Tbsp (1/2 12 oz can)	12 oz	1 1/4 cups (1 12 oz can)	
*Fresh celery, chopped	4 oz	3/4 cup 1 1/2 tsp	8 oz	1 1/2 cups 1 Tbsp	
*Fresh onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cups	
OR		OR		OR	
Dehydrated onions		1/4 cup 2 Tbsp		3/4 cup	
Ground black or white pepper		1/4 tsp		1/2 tsp	
Dried parsley		1 Tbsp		2 Tbsp	

Canned whole-kernel corn, liquid pack, drained	4 1/2 oz	5/8 cup 1 Tbsp (1/2 No. 300 can)	9 oz	1 3/8 cups (1 No. 300 can)	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
OR	OR	OR	OR	OR	
Frozen whole-kernel corn	4 oz	1/2 cup 3 Tbsp	8 oz	1 3/8 cups	
Canned diced carrots, drained	4 1/2 oz	2/3 cup (1/2 No. 300 can)	9 oz	1 1/3 cups (1 No. 300 can)	
OR	OR	OR	OR	OR	
Frozen sliced carrots	4 oz	1/4 cup 2 Tbsp	8 oz	3/4 cup	
Canned cut green beans, drained	3 3/4 oz	5/8 cup 1 Tbsp (1/2 No. 300 can)	7 1/2 oz	1 3/8 cups (1 No. 300 can)	
OR	OR	OR	OR	OR	
Frozen cut green beans	3 3/4 oz	1/4 cup 3 Tbsp	7 1/2 oz	3/4 cup 2 Tbsp	
Canned green peas, drained	4 1/2 oz	3/4 cup (2/3 No. 300 can)	9 oz	1 1/2 cups (1 No. 300 can)	
OR	OR	OR	OR	OR	
Frozen green peas	5 oz	3/4 cup	10 oz	1 1/2 cups	
					4. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165°F or

5. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (½ cup).

Notes

* See Marketing Guide

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ½ oz of cooked lean meat and ¼ cup of vegetable.	25 Servings: 5 lb 15 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 11 lb 14 oz	50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving					
Calories	62	Saturated Fat	1.16 g	Iron	0.81 mg
Protein	4.91 g	Cholesterol	13 mg	Calcium	15 mg
Carbohydrate	4.63 g	Vitamin A	954 IU	Sodium	107 mg
Total Fat	2.8 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g